

Brough Park Running Club weekly Couch to 5K (26/08/17)

Ready, steady go, to the shrill tone of the whistle, which, combined with the activity of runners surging, noisily forward, proved to be enough to see two-year-old Lottie Tapley curtail her inaugural 800 meter event; seeking safety by leaping into father Alistair's arms, where she seemed to remain almost to the finish line in a time of 7.39.

The 1.5 K event saw the return of Rebecca Dodd, Dan Bartram along with daughter, Marlie (5), and v65, Mary-Jane Searles; all finishing with slower times than previous, with the exception of the former who aired her still-shiny trainers for a second outing and a PB of twenty one seconds in 9:45.

Fourteen-year-old Eden Schiller returned for her second ever event and led the 3.6K home in 17.23; as she prepared for a national triathlon event on Monday.

Archie Bartram (10) and running partner, Sam Norton (10,) crossed the line together in 19.44 which was more than the minute off the latter's best time; Edward Dodd wasn't able to match last week's PB and finished a stride behind.

Suzie Noble chopped more than forty seconds off her last week's time at this distance, with a 20.53 time; fifty seconds behind the inaugural time of Gary Bartram.

A trio of twelve-year-olds: Alistair Leanard, George Bower and Ben Norton paced around together for a while, however, there was two minutes separating the former and the latter, with George crossing the line in 23.55.

Cathy and Alfie (9) were two of the Bower family to return after a lengthy absence - due to father's leg injury and weekend work commitments - to 32.47 and 33.23 finish times.

Jason Burgess stretched his stiff legs in the 5K event; the aches follow regular seventy miles a week training, hill reps, gym work, in addition to last weekend's top five finish in the local half-marathon; preparing, as never before, to represent GB in an international event in Canada; clocking just twenty away from his best in 18.3, with interim laps of 5.12 and 5.28.

Thirteen-year-old Harry Bond and father Rob returned after five weeks absence to finish twelve and ten seconds of their best in the 21.19 and 22.33; their placing being separated by John Green's three second lead over the latter.

Martin Phillips bettered his two-week old PB by a dozen seconds as he crossed the line with almost the same time-gap ahead of Jamie Carney's 23.21; while Archie Cooper's 23.57 was thirty seconds ahead of an improvement of forty for Dave Edge; with Paul Goldstraw, returning after a five week injury, forty four in arrears.

This week's 25.30 finish adds to a series of consistent times, all within three seconds of each other, for Karl Birch; as Matthew Hales crossed the line less than a handful from his last effort in 26.51.

V65, Bill Mould's long-standing tussle with Jan Percival continued throughout this week's 5K; the elder surging ahead with a decent lead after the first lap, only to be overtaken in the second, then finishing with a flurry and a thirty second gap and a PB equalling 28.09.

Richard Dodd finished only five seconds off a PB in 29.10, with Wendy Lee a score adrift in a consistent time.

Both Joanne Phillips and Claire Deighton seem to be surging forth in the Couch to 5K events; upping their training distances and benefiting with improved times all round; the former improving by 2.09 on her training stint in 32.30; the latter knocked a whopping two hundred seconds off her inaugural event time of 37.37 in training, and is now down to 32.52 on-the-day.

Christopher Bower returned after five months away with a 32.47 finish, while Lorna Stoddart ushered five-year-old Isabel to a 17.23 finish in the 2.2K before completing the longest distance in 35.07, followed by a slight improvement for Dawn Brown in 35.22.

Seven-year-old James Burgess may have been buoyed by his later-in-the-day flight to sunnier climes, as he bettered his 2.2K time by twelve seconds in 10.49; following a below par performance of 10.23 for an injury suffering Sienna Phillips (11).

William Dodd (5) improved by twenty seconds on his last outing time as he nears his best with a 12.04 finish.

Siblings, Imogen (10) and Noah Phillips (6), were fifty eight and forty five seconds off their best in 12.45 and 14.12; while Eleanor Tapley (7) headed the effort of mother, Nicky, by two minutes in 16.41; with Julie Norton and Tom (5) crossing the line together in 20.04.

Thanks to: Rachel Massey and Sam Goldstraw for time-recording duties.